ARTS & CULTURE

San Francisco Opera Stages MacBeth

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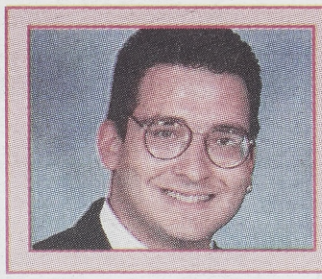

SPOTLIGHT:

Community Activist Craig Spatola

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SPOTLIGHT:

Fitness Happens' Michael Cook

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Mom Guess What Newspaper

Mom Guess What Newspaper • Sacramento's Source for GLBT News Since 1978 • November 29, 2007 • Free

Spencer Day To Perform World AIDS Day Benefit For Sacramento CARES Clinic

Spencer Day, notable San Francisco crooner and recording artist is scheduled to play an exclusive date at the prestigious Benvenuti Performing Arts Center to benefit the Center for AIDS Research, Education and Services (CARES), Sacramento's comprehensive healthcare center serving those living with HIV/AIDS. The Natomas Charter School Jazz Ensemble "Segali Moon" will accompany Day in what promises to be a landmark event.

Day has long been an advocate for HIV/AIDS education and prevention efforts, and jumped at the opportunity to contribute to such a selfless cause. His live show has garnered praise from numerous critics, enamored by his ability to effortlessly "croon classic tunes and some solid originals".

He is a pillar of the San Francisco jazz scene that has drawn comparisons to "...Rufus Wainwright, Nellie McKay and other young singer-songwriters who have open hearts and something new to say." The young talent of The Natomas Charter School Jazz Ensemble will open with a set of standards, setting the stage for Day's brooding baritone. The show will undoubtedly draw devoted fans as well as new listeners, as his reputation precedes him.

Day, 29, has enjoyed a musical career remarkable even for someone twice his age. He has appeared on national television four times and performed at some of the finest venues in the United States. His velvet baritone and original compositions have earned him acclaim from coast to coast.

Largely self-taught, Day's work reveals the influences of composers from Gershwin to Lennon and McCartney. In his music, one can hear the vulnerability of Chet Baker or Jeff Buckley and the phrasing and swing of Ella Fitzgerald. "I want to create a passionate fusion of all the musical styles that have inspired me," Day says, "As I grow as an artist, I hope to continue paying homage to the great artists who have shaped my style and sensibilities. I want to create music that is smooth and sophisticated but teeming with raw emotion and fire under the surface. It is in life's contradictions where the most beautiful things are created."

The Event will be Dec. 1, Doors at 7pm, Show at 8pm at the Benvenuti Performing Arts Center, 4600 Blackrock Drive in Sacramento. Tickets are $35 at the door or can be purchased in advance at benarts.org

CARES is a non-profit healthcare entity, established in 1989 through a partnership of Sacramento County and the area's four major hospital systems, to provide a coordinated response to the Sacramento area's HIV/AIDS treatment needs.

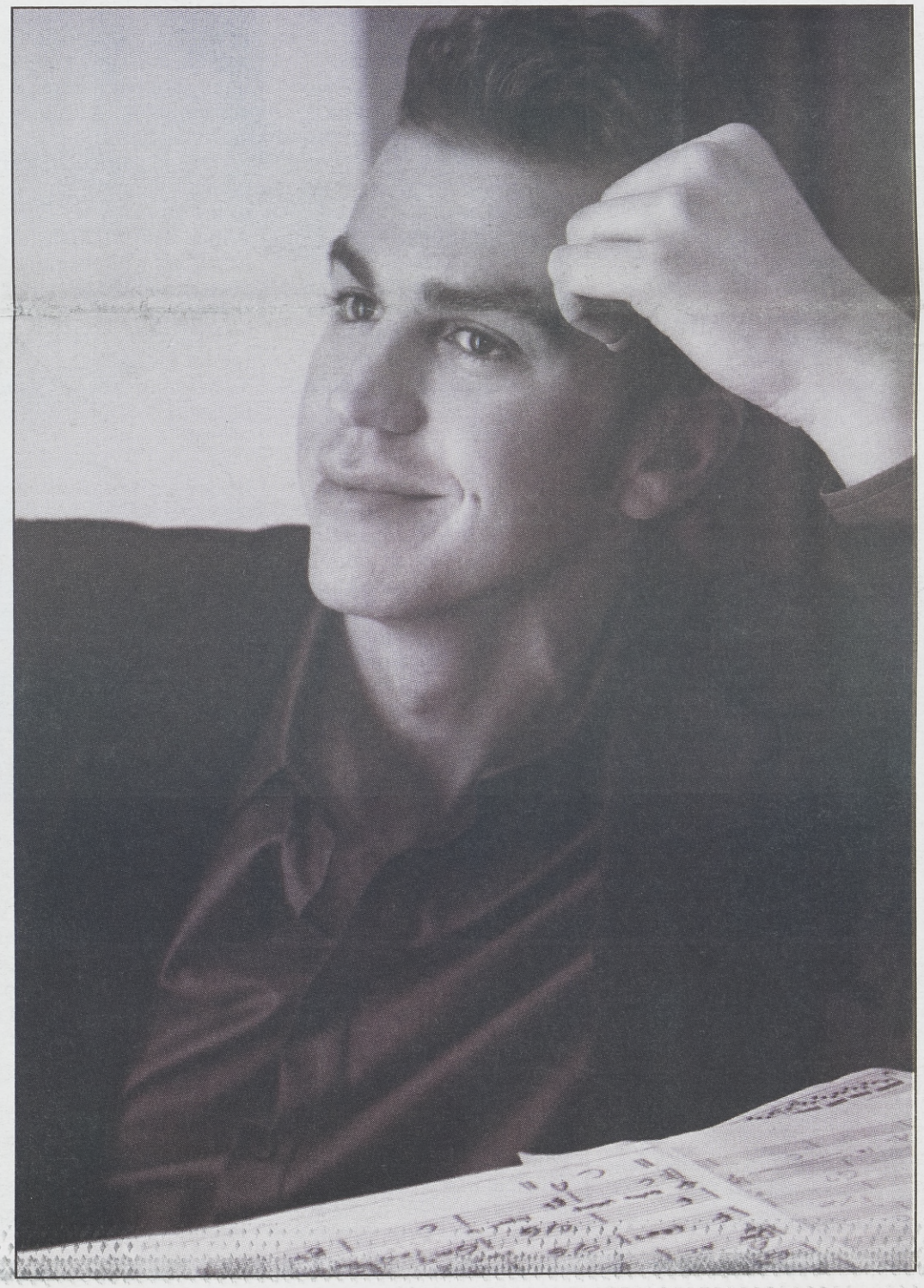
Concentrating on services and education via its outpatient clinic, CARES contributes to the improved length and quality of life for those infected, providing medical care, mental health counseling, health education, substance abuse counseling, case management and related social services. With the additin of a full service pharmacy and dental care, CARES has made strides to address the full range of client needs.

By providing all aspects of physical care, mental health and social services in one location, CARES is able to provide clients a thorough and fully coordinated plan of care.

CARES is the Sacramento area's leading provider of HIV/AIDS services and the second largest provider of those services in all of Northern California, including the San Francisco Bay Area.

To learn more about CARES, visit caresclinic.org.

To find out more about Spencer Day, please visitspencerday.com



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EDITOR

It's My Party: The Romanticizing of Suicide

By Matthew Burlingame, Editorial Director

Since the beginning of storytelling we have heard tales of heroism, sacrifice and pride. Some true, some myth, but all serving to teach us how to grow into adults with noble and heroic notions. The most important of which is self pride and self-sacrifice.

In olden days women usually got short-changed as they hung from the balcony of some ancient castle waiting for a man to rescue her. Outcome: men are heroes and women are powerless.

The stories we grow up with tell us the right way to do everything—making morally-correct choices, making sacrifices for family, choosing duty over love, and on and on. We even know how to have a righteous death. Remember, if you're going to die, do it so someone else can live so your sacrifice won't be in vain and your family can be proud of you.

In the modern age of storytelling, which today often takes the shape of films and television, a different sort self-sacrificing hero and heroine has come to the forefront. That of the dying hero.

In the early 1900s it took the form of a heroine quietly dying of consumption and telling no one so that she wouldn't be a burden until it was too late and she would slip quietly away in her last few days with only a trusted nurse or maid by her side. Her dying breath would be used to forgive the man that did her wrong. What a gal!

While she bore her burden silently, she still kept strong until the consumption took her because in the 1900s suicide in the Western World was a major sin—and still is in many beliefs. So she was a heroine because she suffered and she wasn't a burden to the people who would be there to take care of her. They would always talk about how strong she was because she went through it alone and didn't burden them with her illness. Never mind the fact she probably would have lived longer if she had taken it easier and let those who love them help out her during the bad times. No...she spared us.

Since HIV/AIDS became a regular part of our cultural experience, many films have been made which include a leading man, who much like our heroine with consumption, is a silently-suffering hero.

One in particular, and perhaps the most famous of the lot is *It's My Party*. A man with AIDS decides he's done with the pills and doctors and the unending side-effects and illnesses and gathers all his friends and family for one last big party. The climax of which will be his suicide from an overdose of medication.

I have had numerous friends heave in a romantic sigh as they watched this film and follow it with, "If I got it, that's the way I want to go," or "He's so brave."

Perhaps I am less romantic than many, but I find this type of romanticized suicidal notion nothing short of a cop out and a slap in the face to those who love and care about the person.

I am actually a supporter of Assisted Suicide in the final stages of disease or elderly in hospice care who are ready to move on. It's a subject many struggle with, but I know if I were in the final stages of life and could do nothing but lie in bed in pain with nothing to do but wait to die...I'd rather just get it over with. In these cases, a dignified assisted death seems an acceptable and reasonable request.

But wait...didn't I just say I felt it was a cop out? A slap in the face to those we love?

Yes. However, the suicide scenario I am speaking about is one where the person is not bed-ridden, not in continuous agonizing pain, and not in the final stages of anything other than needing to pull their head out of their ass.

One close friend of mine has lived with HIV for almost 20 years. He has his ups and downs, is on a strict timed medication schedule, had a hip replacement, has to smoke marijuana to keep his appetite up, deals with regular diarrhea, vomiting and all the other crap that comes with this nasty disease. Still, he works part time, manages a full social life, volunteers with the community and loves every breath of life he gets.

He is also realistic in knowing that when the time comes when he is in those final stages, that he may opt for an "*It's My Party*" scenario. But he will focus on that when the time comes.

But how about the other friends? The ones who need to pull their heads out of their asses? The ones who are young and strong and get suicidal because of upset stomachs and occasional diarrhea. They don't want to give up their bad habits and stick to the medication schedule that will take their viral load to undetectable. It's just too much to deal with and too inconvenient.

Having an "*It's My Party*" party seems preferable to working to get as healthy as possible and giving family and friends another possible 20 years with you. That's the cop out. That's the slap in the face.

Does it make their pain and suffering less real? Less valid? Absolutely not. Illness in any form is a horrible burden to shoulder. But so is loving someone who is not willing to love themselves enough to even try.

But then again, it's not *my* party...is it?

LETTER TO EDITOR

During this Holiday season all of us here at CGNIE, Inc. would like to take this moment to say thank you to Guess What Media and MGW for all of your love and support throughout the years. As a leader in Sacramento's gay media industry you have assisted both our organization and the Sacramento community in countless ways over the years. Thank you and Happy Holidays!

Bruce Bedrich, Emperor 34
Corporate Secretary and COO, CGNIE, Inc

In Loving Memory of friends lost in Nov.

November 1986:
Richard Madrid Clayberg

November 1987:
Robert Leroy Smith
Linda Evans

November 1988:
Bobby Fox
Adrian Reyes

November 1989:
Chris Armitage

November 1990:
Bill Elston
Geoffery Scott Palmer
Richard Tomasetti
Monica Hermans
Daryl Goldstucker
Jack Getchell
Denis Rondeau
David Reeder

November 1991:
Roy Manglona
Pat Haro

November 1992:
Aaron Gallup

November 1993:
Chris Chilton
Michael Sawyer
James A. Cody
Randy Lyons
James Royer
John Reeves III
Kris Gubranson

November 1994:
Loren Hugli
Michael Devito
Dyle Perkes
Pete Orchard
Michael Francis Murphy

November 1995:
Greg Gorges
Kevin Chorn
Zach Reit
William Angus Sherman
John Rico
William T.
Steve H.
Bill Gooch
Janet Carncross Chandler
Timothey Michael Lenzi

November 1996:
John Charles Jochem
Robert "Bobbette" Hoyos
James Alten Cook, Jr.
Raymond T.
Roger W.
Paul Arthur Young
Dr. Don Sanchez

November 1997:
John Miner
Robert W.

November 1998:
Willa M.

November 1999:
Elijah R.
Juan F.
John H.
Rick D.

November 2003:
Gail Lang

November 2004:
Jim Vinson
Beverly Campouris

November 2005:
Tor Johnson
L Brooks Wann

November 2006:
Ivan Briscoe
Jason Rawlinson
Ernest Orozco
"Adrian Kline" (Empress 29)

Year Unknown:
John Slemmer
Brian Toole
Will Tucker
Jim Wages

In Memory of friends lost last month:

October 2007:
Robert Marshall
Dennis "Denise"

Every now and then, take a second, breathe deeply, and think of me. To add the names of loved ones to MGW's remembrance column, or clarify Year Unknown, call 737-0309.

Rainbow Festival & Coors Light Organize Raffle Benefit For Sacramento's Gay & Lesbian Center

Sacramento's Rainbow Festival and long time sponsor Coors Light have come together to raise funds for a special raffle to benefit the Sacramento Gay & Lesbian Center.

The raffle, which will be held at Something Fabulous (the store in the basement of The Gay & Lesbian center) on Dec. 22 at 5pm will feature as prizes two Gary Fisher 19.5" Tarpon Men's Bike, Silver Metallic Aluminum Frame, 26" Tires, 63mm Front Suspension Travel, MSRP $329.99.

A first prize will be $100 Gift Certificate to Something Fabulous. Presence not required to win. Tickets will be sold for $1 each or $6 for $5 available at The Gay & Lesbian Center, 1927 L St., Sacramento.

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SeniorGays.org
Support Group for the Senior GLBT Community
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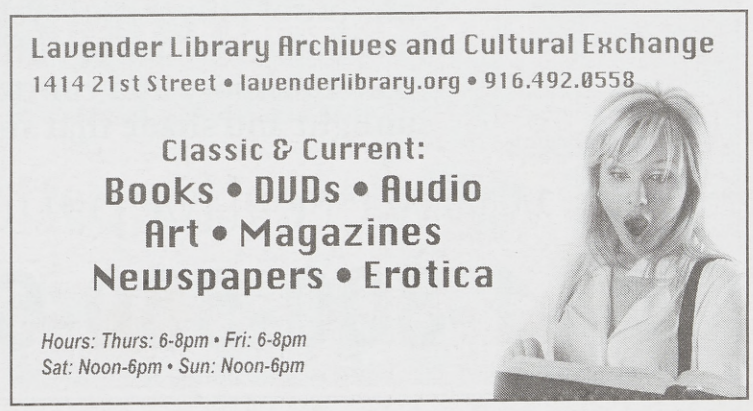
We welcome gay-friendly members of our community.
Next Meeting:
Dec 27, 2007 Thurs 1- 2pm
Sac Gay and Lesbian Center
1927 L Street · Sacramento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Movies On A Big Screen Brings Independent Films To Sacramento In December

Movies on a Big Screen is a microcinema/ongoing film fest that started in Sept. 2006, is primarily volunteer-based and has a weekly film screening series of independent films and documentaries. We have shown first run films, premieres and sneak previews of things that would have not made it to Sacramento. We also run older, foreign or more obscure films and on occasion host late-night audience participation events.

We use digital projection onto a large screen (not a big screen TV). Seating is usually on folding chairs. Many films we've shown have had filmmakers in attendance for Q&A. Some of us have worked in/managed movie theaters but this is a different experience than you would find at the mega-plex or your living room.

Screenings for December will be as follows: EVERY Friday at 10pm: The Rocky Horror Picture Show (11/30, 12/7, 12/14, 12/21, 12/28). Admission for RHPS: $6.

Frank & Cindy, Dec. 7, 7pm. Admission: $5. When Cindy married a rock star, Frank, in 1983 she imagined a life of glamour and Grammys. But the song that propelled Frank to fame, "Whirly Girl," would be the only chart-topper from his short-lived group, OXO. Years later, out of shape and nearly bankrupt after spending his money on "gas, food, dry cleaning and drugs." Frank is not the vision Cindy married.

Now, 23 years after appearing on American Bandstand, Frank lives sequestered to the basement where he uses coffee cans as his improvised bathroom.

Both appalled and amused by his parents' behavior, Cindy's filmmaker son, G.J., picks up his video camera and aims it at them. After a year of filming, what began as an attempt to mock his one-hit-wonder step-father, instead becomes a candid portrait of the pursuit of happiness.

Frank & Cindy was the subject of an entire episode of "This American Life" on Showtime earlier this year, and in October, Ira Glass hosted a screening at New York's MOMA.

"Every single thing about Frank & Cindy seems new and fresh and alive. It's rare to see a documentary that's so raw and funny and infuriating too" - Ira Glass, Host of This American Life

2007-08 Media That Matters Short Film Festival, Dec. 14 and Dec. 15. 7pm (each night). Admission: $5. Shiney Object previously brought this annual compilation of socially conscious short films to Sacramento for the first time. Now, they are presenting the newest festival and this year's is even better than last!

All are made by independent filmmakers, many of them youths. Included are short films dealing with waste collection and recycling in Cairo, the Narragansett's fight for sovereignty in Rhode Island, the massacre at Murambi, rescued animals and veganism, weapons in space, vigilantism on the US/Mexico border, the trailblazing students who over 20 years ago fought to make Martin Luther King's birthday a national holiday, and so much more. Moving, engaging and essential viewing. This year, we are screening this over two nights to make it easier for folks to catch it.

The Room—a late night audience participation event! Dec. 15 at 10pm (separate $5 admission):

For over 3 years, "The Room" has been playing monthly to sold-out crowds in Los Angeles. And as it turns out, "The Room" has a bit of a fan base right here in Sacramento! Described by some as a vanity project gone horribly wrong, Tommy Wiseau's "The Room" defies description. Bizarrely written and delivered dialog, subplots that go nowhere, mysterious artwork in the background, and so much more!

What's it all about? Since the official synopsis is far too lengthy, suffice it to say that the core of the plot is a love triangle involving Johnny (Tommy Wiseau), his fiance Lisa (Juliette Danielle), and his best friend Mark (Greg Sestero). Also involved is Denny (Philip Haldiman), the oddly enthusiastic orphan who sees Johnny as a father figure. If you want to know more, you've just got to get out to this screening.

Shot in both 35mm and hi-def digital because, as Tommy Wiseau states, "I was confused about these two formats."

Fans and the uninitiated alike are more than welcome to break out black wigs, sunglasses and ties (just remember to wear that tie askew)! Some plastic spoons will be provided. Roses will not (so you'll have to bring 'em if you want 'em). AND—if you bring a football, PLEASE only bring a nerf-type!!

The Man From Earth, Dec. 21. 7pm. Admission: $5, If Jerome Bixby's name doesn't ring a bell, he was the author of 4 acclaimed original Star Trek episodes ("Requiem for Methuselah," "Mirror, Mirror," "Day of the Dove," and "By Any Other Name"), the Twilight Zone episode, "It's a Good Life," the 1966 film "Fantastic Voyage," and even "It, The Terror From Beyond Space," (which was heavily borrowed from for "Alien"). Bixby first conceived the idea for "The Man From Earth" in the early 1960's, but the script was not completed until 1998 shortly before Bixby's death.

About "The Man From Earth:" An impromptu goodbye party for Professor John Oldman, played by David Lee Smith ("Star Trek Voyager," "Mysterious Skin," "Divine Secrets of the Ya-Ya Sisterhood," becomes a mysterious interrogation after the retiring scholar reveals to his colleagues he is an immortal who has walked the earth for 14,000 years.

Although shot in only two weeks on a very limited budget, the stellar authorship of Bixby is brilliantly portrayed. Don't expect scifi with a lot of special effects - this is most definitely scifi for those who like to think.

"The Man From Earth" also stars John Billingsley ("Star Trek: Enterprise"), Ellen Crawford ("ER"), Tony Todd ("Candyman," "Star Trek Next Generation," Star Trek Deep Space Nine"), Richard Riehle (noted character actor with over 120 credits to his name), and William Katt ("Carrie," "The Greatest American Hero," "Jawbreaker"). Directed by Richard Schenkman ("Went to Coney Island on a Mission from God... Be Back by Five").

Meet the Hollowheads, Dec. 28, 7pm, Admission: $5. This 1989 obscurity was directed by Tom Burman, mostly known for his makeup and special effects work on hundreds of titles - everything from the "Star Wars Holiday Special" to "Die Hard 2" to "The X-Files" and most recently, "Nip/Tuck."

The original title of the film was "Life on the Edge," but was recut, had a new soundtrack added and was retitled to "Meet the Hollowheads" by the distributor. This is hard to definitively state in advance, but we will very likely have the unseen original cut of "Life on the Edge" to screen. This will be coming off of 20 year old master tapes from the writer of the film, so who knows what will happen, but this is what we are shooting for.

About the film: This is an easy one to give a synopsis of, but a tough one to convey what it's really like. The Hollowheads are a typical nuclear family living in a bizarre, surreal futuristic world populated by technology based on tubes. Henry Hollowhead (John Glover), head of the family, is in lower middle management for United Umbilical. His boss, Mr. Crabneck (Richard Portnow) is headed over for dinner, so Miriam Hollowhead (Nancy Mette) kicks into domestic high gear to make an impressive meal. Once Crabneck arrives and begins lusting after Miriam, things begin to go quite awry. Bizarrely fantastic sets, effects, animals, instruments and various other props abound, setting the stage for this darkly comic look at family structure and suburban life. Featuring Juliette Lewis in one of her first major roles (she was 16 at the time) as daughter Cindy, as well as appearances by Bobcat Goldthwait and Anne Ramsey ("Throw Momma From the Train") in her final role.

All screenings at: Movies on a Big Screen, 600 4th St, West Sacramento, shiny-object.com/screenings.

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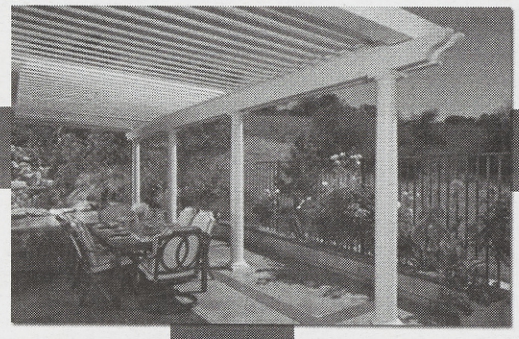

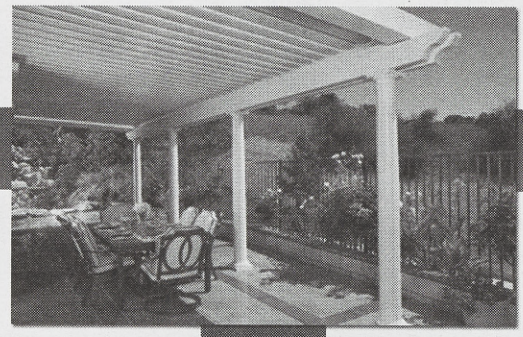

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SEQ CHAPTER \h \r 1: Happy Holidays ... Or Not

By Boyce Hinman
The Lambda Letters Project

We have now entered the holiday season. This is a time of warmth and good cheer. It's a time for families to gather and bask in the light of the Christmas tree or the Hanukkah candles, or a time to enjoy the warmth of friends and family at Kwanzaa time or for celebrations from other religions and cultures.

This is the warm and cozy holiday season when people exchange gifts, eat and drink special foods, and sing traditional songs and carols. Those songs might even be sung in two languages. Possibly a US citizen has married a lovely person he or she met abroad and brought home to this country to share there lives together. And how wonderful, the foreign born person can obtain permanent legal residency in this country by marrying someone from this country. They are a binational married couple. Such a warm and cozy holiday for both of them.

But wait!!! The above picture works only for heterosexual couples. When someone from a foreign country marries a US citizen the foreign citizen then qualifies for permanent legal US residency. But that option is not available to binational gay or lesbian couples. They cannot marry in this country, except in Connecticut. And the United States does not recognize the marriages of same sex couples wherever they occur. So many same sex binational couples spend the holidays living in fear and wondering when a heartless federal government will drive them apart and send the non citizen back to his or her country of origin.

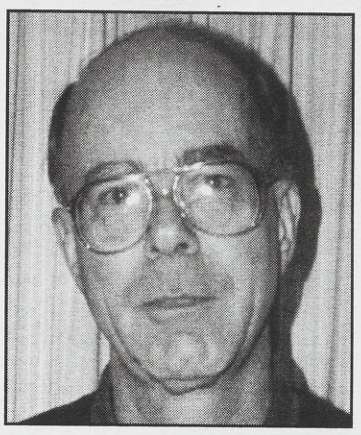
In 2006, Human Rights Watch and Immigration Equality published a report documenting the separation of couples. Based on 2000 census data, Immigration Equality estimates there may be 10,000 gay or lesbian binational couples in California alone, with tens of thousands more in other states. Most of these couples deal every day with the fear of forced separation.

Federal legislation to right this wrong has been introduced in Congress. For seven years, there have been attempts in Congress to change federal immigration law to add a new category—permanent partner—to the list of family members a citizen or legal permanent resident can sponsor for immigration. The struggle is on again, with the Uniting American Families Act (S. 1328) pending in Congress.

Permanent partners over 18 would have to prove they are in a committed relationship, are financially interdependent and unable to legally marry, as is the case with homosexuals, whose unions, even if sanctioned abroad, are not recognized under federal law.

"It's a very discrete, limited fix to this problem," said Adam Francoeur, policy coordinator for Immigration Equality, a national group based in New York that is lobbying for binational couples' rights.|

19 countries now permit citizens or legal residents to



sponsor same-sex permanent partners for legal residency. The United States is not among them. Countries that have changed laws to allow gay partners to immigrate, include the United Kingdom, Canada, Australia, Brazil, Israel, New Zealand, Spain, Portugal, South Africa, France, Switzerland and Germany, among others. It is time for the United states to make this possible as well!

During this holiday season, no doubt you will be calling your family and friends to wish them well. Please add a call to your list. Please call Senator Dianne Feinstein at (202) 224-3841. Leave a message. Urge her to become a co-sponsor of the Permanent Partners Act, S. 1328 and urge her to make sure this bill moves forward. The bill is currently in the Senate Judiciary Committee and Senator Feinstein is a powerful member of that committee. Please call her soon!

Boyce Hinman
The Lambda Letters Project
LambdaLP@aol.com

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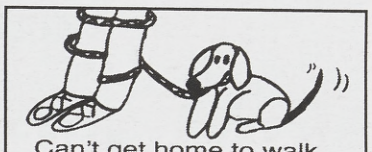
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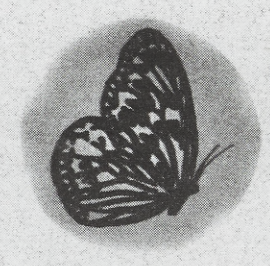
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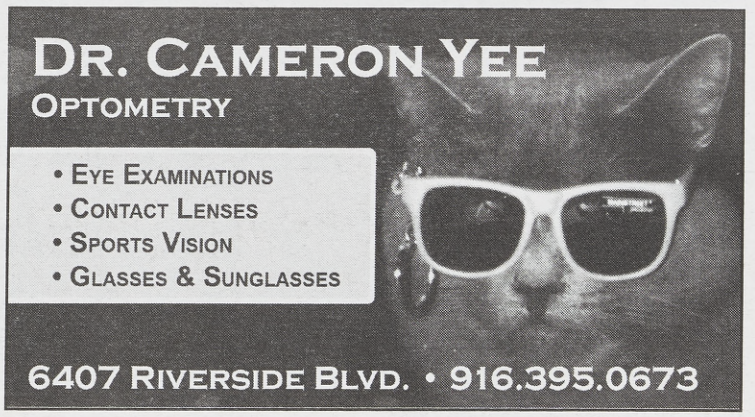
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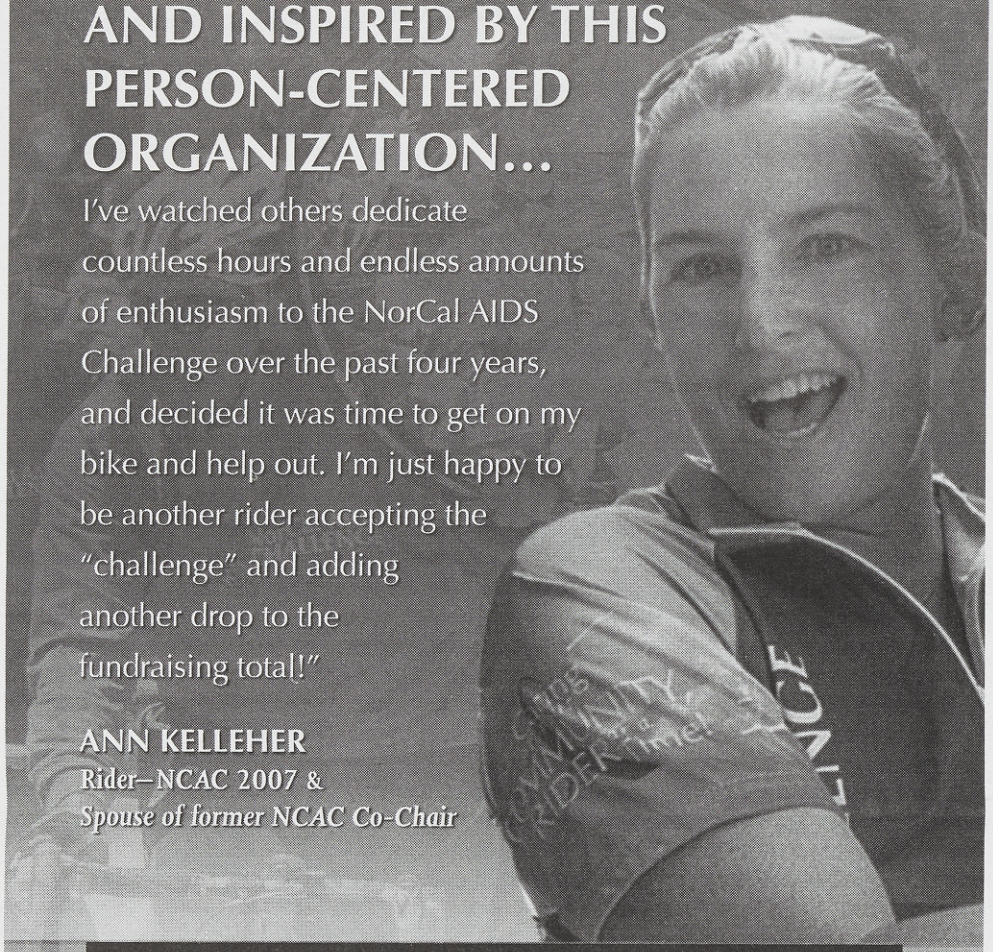

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NEWS

City College Photography Exhibit

On Dec 7 the students and faculty of the Sacramento City College Photography Department will present the best student work from the fall 2007 semester in an exhibit entitled "Eye View: From Grain to Pixel." The exhibit is open to the public and admission is free.

Black-and-white and color photographs—both film and digital—will be displayed, with opportunities for purchase of original student works. The exhibit will include a juried competition with awards for outstanding photographs in a range of categories. Additionally, a raffle will be held with prizes donated by Sacramento-area businesses and all proceeds benefiting the SCC Photography Club.

The exhibit will run from 3pm to 9pm on the 3rd Floor of Rodda North at SCC's main campus, located at 3835 Freeport Blvd. A reception for students and guests will be held at 6 p.m. at the same location.

Alumni of the SCC photography program have established successful photographic careers throughout the world and include many prestigious award winners, such as Ron Edmonds, who received a Pulitzer Prize in 1982 for his images of the assassination attempt on President Reagan.

Being Gay Today Online Brings Community To You

Being Gay Today (BGT) has provided the Sacramento GLBT community with almost 20 years of community news, entertainment and self-reflection.

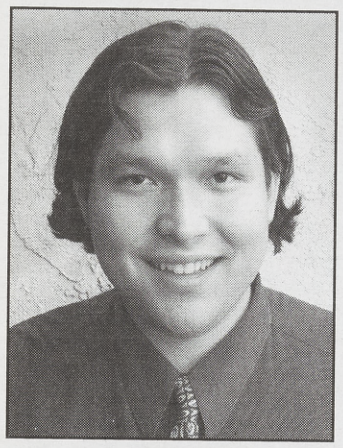
Now with web tools such as Myspace, Google and YouTube, BGT has become a more accessible community resource than ever before.

Video clips and interviews of some of Sacramento's most important events (such as the recent Town Hall meeting) and people are available for veiwing along with full episodes of BGT.

Get connected with your community by loging on to BeingGayToday.com.

Also try loging on to OutSacramento.com for more community news.

Libertarian Perspective: Carbon Emissions, States Rights, Double Standards



By Anthony Gregory

Governor Schwarzenegger is suing the federal government in the name of California's right to regulate carbon emissions. He is not alone in his view. More than a dozen states have been impatient with the U.S. Environmental Protection Agency (EPA) for years now, as the Bush administration has been reluctant to enact emissions caps on the automotive industry.

This situation raises an interesting point. Often, national regulators benefit private interests by quashing local regulation. During the Progressive Era in the early 20th century, much of the drive for new federal regulations on everything from transportation and energy to food and communications actually came from big business. Not only did established firms want new laws to protect them from the competitive free market, they also resented the patchwork diversity of state regulations and sought a monolithic regulatory regime in Washington, D.C.

Furthermore, national regulation has historically compromised clean air. The common law courts used to have jurisdiction over air pollution. But during the Industrial Revolution, British companies that blew soot into the air wanted national regulations to protect them from local lawsuits – all in the name of "the common good," of course. When President Nixon created the EPA, industry leaders knew they would have major influence over the new agency and could use it to force taxpayers to clean up industry's messes.

Matters are more complicated, however, with carbon emissions. Whether they are pollutants is not as clear-cut as it was with the smoke and soot that blackened 19th-century skylines. As for private interests obscuring the debate, there are plenty on both sides this time. While many car manufacturers fear global warming legislation, many energy firms look forward to the government contracts, institutional stability, and protection from competition that such regulations will bring. It is why Enron, for example, so strongly favored the Kyoto Treaty.

In terms of Constitutional jurisdiction, Schwarzenegger probably is right. The Tenth Amendment reserves to the states and people all powers not specifically delegated to the federal government. The EPA has no Constitutional right to exist. Pollution should be handled more locally, as it was under the common law. But is this an interpretation leftist environmentalists can embrace? Probably not.

In many areas, leftists favor a powerful central government. In April, the Supreme Court sided with California, Massachusetts, numerous other states, cities, and environmental organizations, affirming that the EPA had the authority and potential obligation to oversee carbon emissions. For many environmentalists, the ends justify the means – whether they have to appeal to federal supremacy or states' rights. Some have called for "energy federalism," letting states set the policies, but most do not want to lose the EPA.

The left also was conflicted over the medical marijuana case Gonzales v. Raich two years ago: If liberals agreed that the feds could not override California medical marijuana laws, they'd have no Constitutional leg to stand on concerning education programs, welfare, gun control, and their many other pet projects on the federal level. Accordingly, the liberal Supreme Court justices all upheld the prerogative of the national police state to trump the interests of local medical marijuana ordinances.

On the other hand, conservatives can be hypocritical too, calling for the feds to overrule local laws on marijuana, global warming, and gay marriage and championing a strong national police state, all while defending states' rights on prayer in school, abortion, guns, and numerous other issues. But the hypocrisy on the right is no excuse for hypocrisy on the left.

The debates over the science of global warming and the proper role of government in the environment are emotionally charged and cannot be resolved in this space. But people on the left must decide: Do they want matters like these sorted out as locally as possible or by a national leviathan that will always be wedded to corporate interests and headed by relatively conservative politicians? Do they think the federal government must impose standards throughout America, despite what some states might want, or do they think the feds should butt out and let the states, and more ideally the people, handle these issues, however imperfectly, on their own?

They can't have it both ways. Yet leftists have double standards on emission standards and much else, as far as states' rights are concerned.

Anthony Gregory is a research analyst at the Independent Institute, a policy advisor for The Future of Freedom Foundation, and a columnist for LewRockwell.com.

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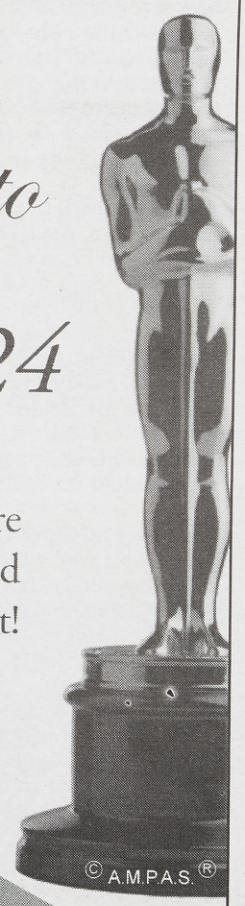

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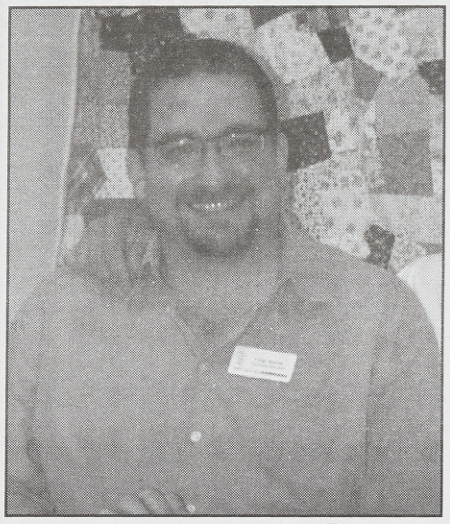
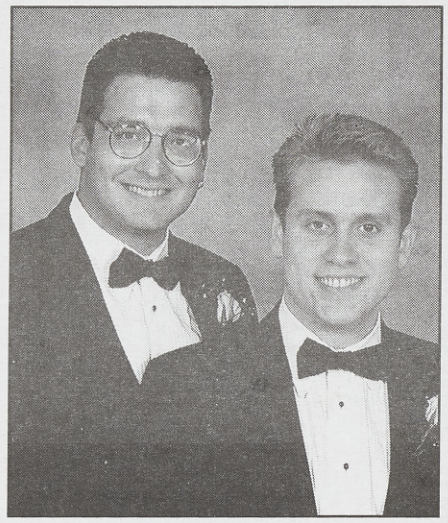
COMMUNITY SPOTLIGHT

Craig Spatola





Name: Craig Spatola

Years living in Sacramento? Um, that's math! I moved here in October of 1990, that's 17 or so years right?

What defines you? Not an easy answer…my relationship of 16+ years with my partner Ty (See above photo)? My work in the community? My inappropriate sense of humor? Brutal honesty? My love for my fluffy dog? My commitment to my extended family? All of these are facets of me, but none of them actually define who I am. I am an amalgam of who I've been, what I've done, and my dreams of the future.

What do you want to see happen for our community? I want to see solidarity in our community and true equality on every playing field from the military to the marriage certificate; I want to feel safe holding hands with my partner in any neighborhood or park.

What's your claim to fame? Oh my. I can put a condom on a 'model' with my mouth very quickly and I don't have a gag reflex…. but really, that's not famous, that's just raw talent (grin). My claim to fame could be that with the help of Lambda Legal Defense Fund and the law firm Morrison & Foerster, I sued an eye surgery/lasik company that denied me service because I am HIV+. It could have been a landmark case, but the company bankrupted before we could hit the courtroom.

What makes you angry? Thoughtless bigotry—like people who walk widely around a homeless person as if homelessness is dirty or a sin, or the "shirt and tie" gays who flinch when a drag queen walks by and complain that the dykes on bikes get attention at the parade. I get angry and sad about war and violence, whether its in Iraq or south Sacramento. I don't understand how people can place such little value on other's lives.

What makes you happy? My twin nieces, Lillie and Clover and my newest cousin JT... all three of whom are cuter than I thought possible. I've always sort of distanced myself from children—the noise and the sticky hands—so unsanitary—but now when I see the latest generation of my family I get all warm and happy inside, I can't wipe the smile off my face and I have an unforeseen tolerance for smudges on my glasses and dribble on my shoulder..

Greatest weaknesses? Yummy flavored kettle chips (like the Spicy Thai flavor), dark chocolate anything, and my inability to get out of bed when my husband wants to snuggle.

Greatest Strengths? My ability to see beyond the surface in people, my love for coordinating community programs and my supportive relationship with my partner and my family.

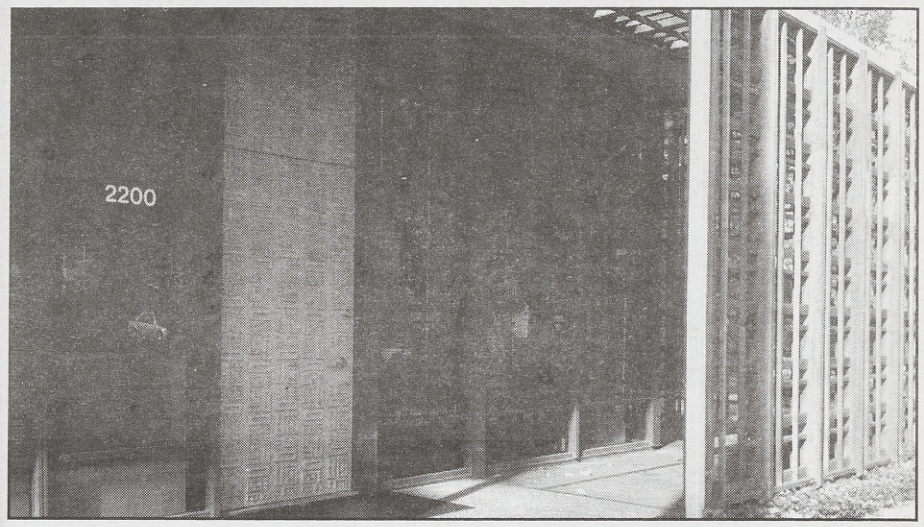
How long have you worked at Breaking Barriers? Almost since they opened their doors—Breaking Barriers began in August of 1995 and I came to work there in January of 1996 at the request of the then director John Rambo who is a close friend of mine.

What's the best thing about your job? I love meeting our clients and I love seeing the difference we make in people's lives. Community service is a reward that must be experienced to be understood.

What other non-profits do you support? On the larger playing fields, personally I support Green Peace, Amnesty International and Lambda Legal Defense Fund and a few others. Locally, I support so many agencies! Harm Reduction Services, CARES, AIDS Housing Alliance, Sunburst Project, Volunteers of America, Golden Rule Services, the SPCA, Susan G Komen For the Cure, Catholic Healthcare West, Capital City AIDS Fund, and many more. Too many to really list them all!

If you could tell the world one thing, what would it be? It's not to hard to help other people, and on a cosmic level you may even be helping yourself. Instead of buying those $200 jeans or that $80 shirt for this weekend's party, why don't you support a local charity, just this once. You can buy the pretty clothes next month and feel good about the idea that you helped someone else survive another day.

Breaking Barriers



Name of Business: Breaking Barriers Community Services Center

Years Operating: 12 years as of August 2007.

Why was Breaking Barriers Founded? Breaking Barriers was founded in an effort to fill the gaps in services available to people living with HIV/AIDS. At the time we opened, you could only access support services like transportation and food delivery if you had full blown AIDS. People who were HIV and low income or unable to work had no options.

What are some of the key services provided? Well of course we still provide our signature service—using volunteers to give rides for clients to medical and case management appointments. In addition, we offer food delivery three Fridays a month, emotional support volunteers, HIV+ speakers for schools, HIV Testing and HIV Prevention workshops, a referral and intake program for homeless HIV+ people, and we work closely with the Sacramento County CARE-A-VAN, a mobile STD/HIV testing clinic.

Who benefits from your services? We offer the volunteer services to people living with HIV/AIDS and/or women with breast cancer. Our educational services are offered to people who are at risk for HIV infection as well as a program that works with reducing risk for people who are already HIV+. Some of our educational program areas targeted at specific high risk groups like our High Risk Women of Color project—and our case management program with men who have sex with men who are also injection drug users (usually meth).

At what point is a person most likely to come to Breaking Barriers in need of services? People tend to seek our volunteer services when they run into transportation barriers to accessing their medical care—hence our name "Breaking Barriers"—from there we educate them on our other services and offer them as needed. We bring the HIV testing and workshops to people in the community so some people come to us for HIV testing but often we go to them.

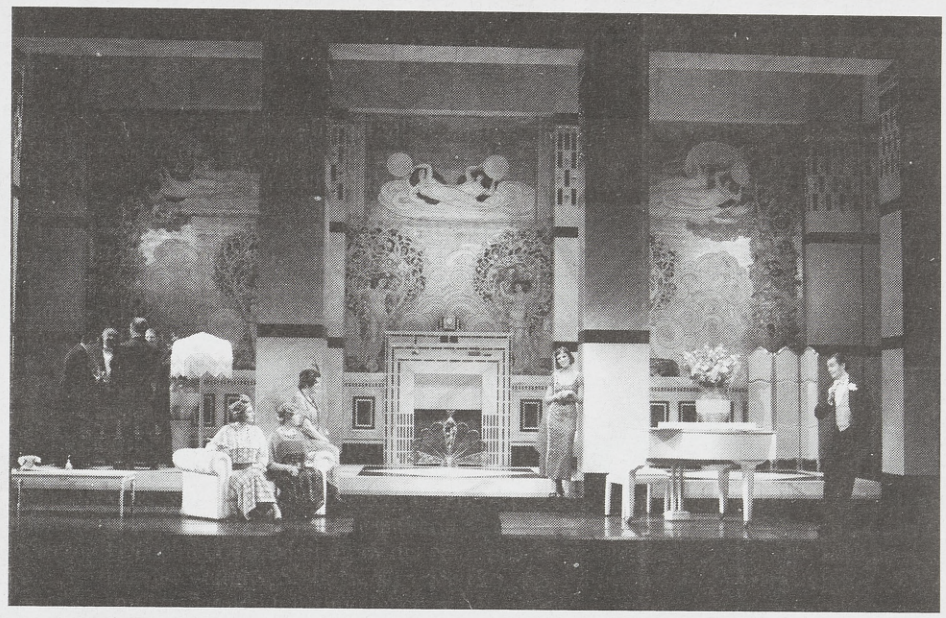
Is Breaking Barriers seeing a decline or rise in needs for services? We are seeing a rise in the need for home delivered food as well as an increase in the need for some of our practical support services like household help or financial assistance. We have extremely limited financial assistance options so that's the hardest need for us to meet.

What's new in the next year for Breaking Barriers? We should soon become a state certified Rapid HIV Testing site—we will be able to offer the HIV antibody test that only takes 20 minutes instead of 2 weeks! This is an exciting new service for us.

Tell us about Breaking Barriers' testing program? We offer free and confidential HIV testing 3 days a week – Tuesdays and Thursdays from 4pm to 7pm (Saturdays from 11am-3pm by appointment only) at our 2200 21st Street office and Fridays we offer testing at the Sacramento Gay & Lesbian Center at 1927 L Street from 4pm to 6pm. Our test counselors are very well trained and love to do special testing events at the clubs around town. We offer some fun party incentives too!

Where would you like to see Breaking Barriers grow in the next 5 years? I would like to see us moving into other catastrophic illnesses—like our mission states—and offer our services to people with other forms of cancer, people living with Huntington's and other debilitating diseases. There are people who call us every week that we cannot help – our funding is quite specific in who we can offer services to and we are at or near capacity in our existing services.

What does Breaking Barriers most need right now? Like many service agencies in Sacramento we can always put monetary donations to good use—we need donations of food or money for our Christmas Food Baskets that we deliver a few days before the Christmas Holiday. Also, we can never ever have enough volunteers! Office volunteers, volunteer drivers, volunteers to deliver food, vacuum or do laundry for someone. Our volunteers are absolutely essential to our ability to serve the community we would not have Breaking Barriers without them!



San Francisco Opera Presents "Macbeth" And "La Rondine"

By Wayne R. Anderson

While "Macbeth" is a violent opera (and play), most of the violence in the current SFO production was done to Verdi and Shakespeare. The quirky production from Zurich placed the opera in no particular place or time: the principals often wore generalized dark costumes, while the witches sported modern dress with high heels; one carried a STOP sign and another twirled a hula hoop. A huge cube in which important actions took place dominated and crowded most scenes.

While there were a few impressive effects, most of the time we were left to wonder what was going on, which distracted from Verdi's dramatic music. Parts that should have been chilling elicited snickers, as when the assassins preened ludicrously before murdering Banquo. Ghosts such as Banquo that are in the opera, failed to appear, while ghosts that are not called for (such as Duncan) showed up unexpectedly.

I really could not see how this piece of eurotrash did anything to enhance the opera. Fortunately we still had Verdi's splendid score and some first-rate singing.

As Macbeth, Thomas Hampson dominated the performance. His regal baritone captured the nuances of this tormented character and effortlessly poured Verdi's glowing melodies into the vast theater. The erotic sexual chemistry between him and his Lady showed a young vigorous couple obviously on the way up.

Subtlety was not a characteristic of the Lady Macbeth of Georgina Lukács. Her soprano had the power to soar over the ensemble, but it sounded forced rather than natural.

The famous Sleepwalking Scene was over acted and over sung. We should be peering furtively into the soul of a deeply disturbed woman, but she lurched around the stage and sang much too loudly. (It would do her well to listed to Maria Callas's mesmerizing recordings of this scene.) During the final phrases, she was locked inside the glass-walled cube, which cut down considerably on the sound, and then the final high D-flat failed to emerge.

With his deep strong bass, Raymond Aceto made a fine Banquo, but tenor Alfred Portilla bellowed his way through "Ah la paterna mano." Noah Stewart's light pleasing tenor seemed right for the young Malcolm. The conducting of Massimo Zanetti proved erratic.

The "Patria opressa" chorus grew listless, but parts of the earlier witches chorus were so fast that the singers were left gasping. The inclusion of the short rarely-performed ballet in the third act right after the apparitions showed the wisdom of cutting this inappropriate piece.

After the grim intrigues of "Macbeth," the lighthearted escapism of Puccini's "La Rondine" (The Swallow) was a welcome relief. Following the mixed success of "La Fanciulla del West," Puccini decided to try his hand at something lighter, an Italian operetta in the style of Strauss's "Der Rosenkavalier."

The story is basically "La Traviata" but lacking the oppressive father and the tragic ending. The innocent country boy Ruggero Lastouc falls in love with the glamorous Magda de Civry who is (unbeknownst to Ruggero) the mistress of the wealthy Rambaldo Fernandez. When Ruggero obtains permission from his parents to marry her, Magda realizes that she could never be accepted into his bourgeois family and returns reluctantly to Rambaldo. A parallel love story involves the poet Prunier and Magda's maid Lisette.

Since its 1917 premiere, this opera has failed to secure a place in the repertory, and it is not hard to see (or hear) why. Puccini being the artist he was, it contains a lot of very tuneful music, most notably the well-known "Chi il bel sogno di Doretta" and a fine quartet in the second act. But nowhere does the music blossom into the vibrant arias and duets found in all his other operas. And it is basically a one-person show: Magda.

If ever a case could be made for this opera, the SFO production made it with stunningly beautiful art deco sets, a first-rate cast, and committed conducting. In her long-overdue SFO debut, Angela Gheorghiu as Magda captivated the audience and received a well-earned standing ovation. Her soaring soprano, sensitive acting, and gorgeous appearance were all one could hope for. Her voice may be weak in the lower part of the role, but it excels in all those high-lying arches of sound. On records, she strongly resembles Maria Callas, but not so in the theater. Let us hope this fine artist returns here often.

Misha Didyk's burnished tenor gave virility to Ruggero, and he looked perfect as the handsome but naïve country boy. Gerard Powers's musicality and light tenor were ideal for the foppish Prunier, but his small voice was sometimes lost beneath the orchestra.

Anna Christy was a shrill Lisette, but Philip Skinner made a strong Rambaldo. The chorus sang vibrantly, and Ion Marin's conducting allowed Puccini's lyricism to flow. "La Rondine" was last seen in the main house in 1934. Although not on a par with Puccini's other great operas, we should not have to wait another 73 years for its return.

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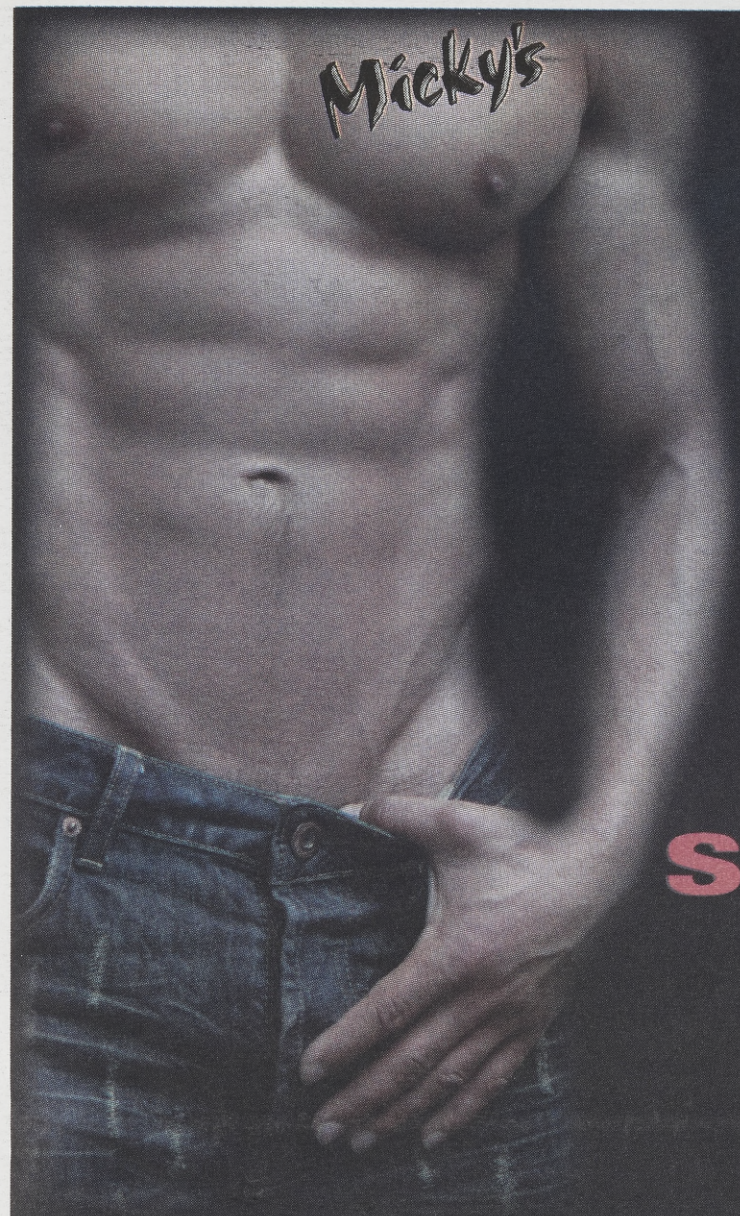

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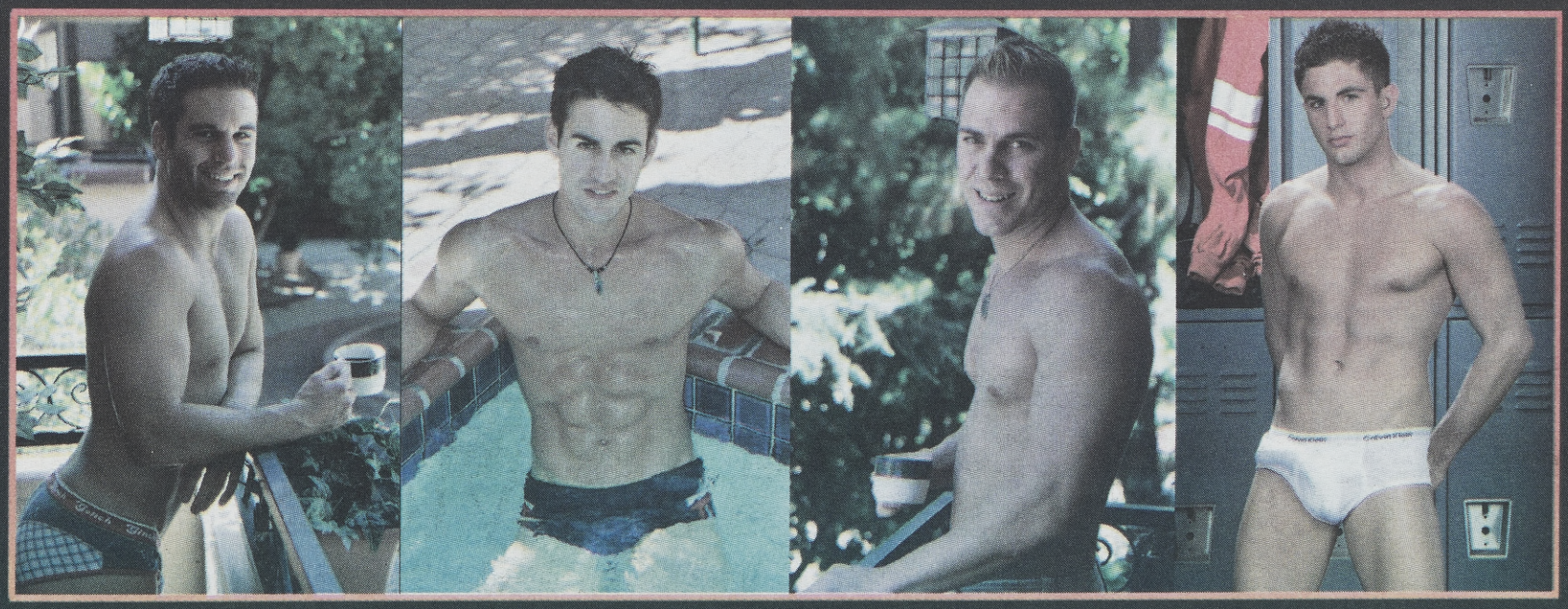

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PERFORMANCE

Carl & Nadine Salonites present "A Christmas Story"

Based on the 1983 motion picture A Christmas Story and the book In God We Trust, All Others Pay Cash this is humorist Jean Shepherd's memoir of growing up in the Midwest in the 1940's. Shepherd was a writer, humorist, satirist, actor, radio raconteur, TV & film personality and an American original.

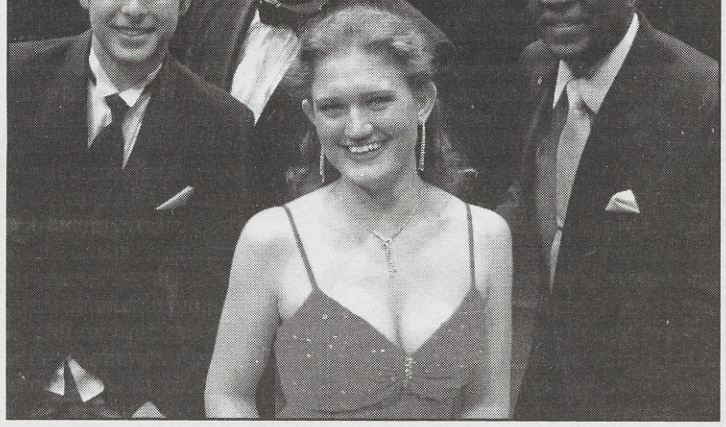
He was a master story teller in the league of Mark Twain, S.J. Perlman and P.G. Wodehouse. Taking bits and pieces from his own life, he weaved tales of the joys, humor, intrigue and angst of growing up. In the Seventies, he took his talents to television in a series of humorous narratives for PBS called "Jean Shepherd's America" and later continued on the PBS New Jersey Network as "Shepherd's Pie". But he is most fondly remembered for the film, A Christmas Story which he co-wrote and narrated. The stage adaptation is written by Philip Grecian.

The story follows 9 year-old Ralphie Parker (Drew Thomsen, Boxcar Children) and his ultimate quest to get a "Genuine Red Ryder Carbine Action Two Hundred Shot Lightning Loader Range Model Air Rifle" under the Christmas tree. His father (Mark Fejta, Lend Me a Tenor), mother (Jeannie Pytel), teacher (Regina Stafford) and even Santa Clause himself all respond to his pleads with the same warning: "You'll shoot your eye out!".

All of the elements from the popular motion picture are in the stage adaptation, including the family's temperamental exploding furnace; Scut Farkas, the school bully (Jordan Black, Oliver!); the boys' experiment with a wet tongue on a cold lamppost; the Little Orphan Annie decoder pin; Ralphie's father winning a lamp shaped like a woman's leg in a net stocking; Ralphie's fantasy scenarios and more.

Narrated by adult Ralph (William Powers, Sunshine Boys) the cast also includes; William Black as little brother, Randy, Sarah Black, Emma Black, Jocylyn Favors, Sam Kyser, and Dan Beard.

The production is generously underwritten by Carl and Nadine Salonites. Stage direction is by Bobby Grainger. The production plays Fridays/Saturdays at 7:30 and Sundays at 2:00. There will be one Saturday matinee at 2:00 on December 15. Main floor tickets are $15-adults, $13-sen./stu., $8-17 and under and balcony tickets are $10-adults and $5-17 and under. For reservations call 530-666-9617.



Charles Cooper (in back) and Jon Pinney, Crystal Barrett and "Mike" Morris Branson entertain in the old Night Club style in this new revue in Magic Circle Theatre's Tower Theatre location.

Maybe you're too young. Maybe your whole experience with a real night club comes from black and white movies. Maybe this is your chance to enjoy being one of the beautiful people in Magic Circle Theatre's Night Club, opening Nov. 16 in our Tower Theatre location.

Robert Gerould has put together another fabulous revue, this time featuring music from the 50s, 60s and 70s performed in an old-fashioned night club setting. Charles Cooper and his Jazz Band will be playing right on stage with the vocal talents of "Mike" Morris Branson, Jon Pinney and Crystal Szymanski.

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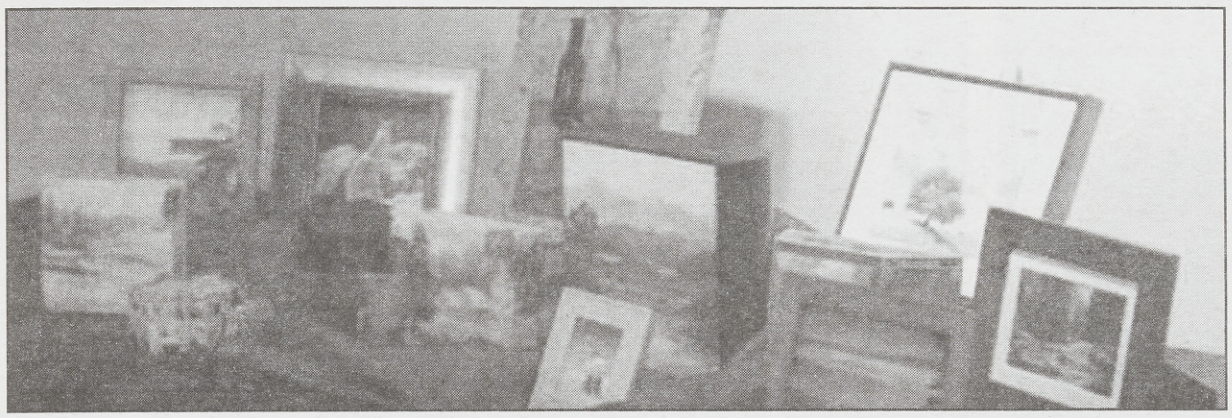
Night Club will play Fri. and Sat. at 8pm, Sun. at 2pm on Nov. 16 - Dec. 22. Performing in the Tower Theatre, 421 Vernon St., Roseville. Tickets are $20 seniors and students, $22 general admission. Call 916.782.1777 for tickets.

Chroma Gallery Takes Gift Giving To New Heights



What to give to the person who has everything? Chroma Gallery has a unique solution to the problem: fine art! One-of-a-kind original paintings, photography, sculpture, wearable art and ornaments are available in all sizes and price ranges during December at Chroma in the Village of Old Fair Oaks. Giclee prints and note cards are available as well, to meet your gift-giving needs. Drop by the gallery during the Second Saturday reception December 8th, from 5 PM to 9 PM, see the exhibit of miniatures titled "Small Enough for Santa's Sack", and join the artists for some holiday cheer and refreshments, or visit during business hours to see the show that runs from December 6, 2007, through January 6, 2008.

Now in its ninth year, Chroma Gallery—Northern California's premier plein-air gallery features the works of 20 local artists. Committed to capturing radiant light and color in their artistry, their emphasis is on the Northern California landscape. Besides landscape paintings, visitors will also find vibrant still life paintings, photography, collage and sometimes the avant-garde in the bold display of color at Chroma.

Chroma Gallery is located at 10030 Fair Oaks Blvd, just off Sunrise Blvd., in the Village of Fair Oaks. Open Thursday - Sunday from noon until 5PM, Second Saturday until 9PM or by appointment. Phone (916) 966-6020 for more info visit the website at thechromagallery.com

Plaid Tidings Tickets on Sale

With many dates in December already sold out, Plaid Tidings is poised to become one of the biggest box office hits in Garbeau's history. Due to the demand, Garbeau's has added multiple Sunday and Wednesday evening performances, as well as Saturday afternoons.

Plaid Tidings is the sequel to the popular "Forever Plaid," and reprises the comical roles of four young singers from the 50s who died before having a chance to record their first album. Having already been granted that chance in the original show, The Plaids are left wondering why they have returned to Earth yet again. With help from the heavenly Rosemary Clooney, the quirky quartet find out their purpose is to put on the Holiday Special they dreamed about. With tunes including "Sh-Boom," ""Fever," "Stranger in Paradise," and "Have Yourself a Merry Little Christmas," the mixture of holiday and other 1950s classics are interspersed with dialogue that has delighted audiences.

Plaid Tidings runs through December 23, 2007. Dinner seating begins at 6pm Fridays and Saturdays (and added evening shows) with curtain time at 8pm. Sundays (and added matinees), doors open for lunch at 12:30pm with curtain at 2:30pm. Admission ranges from $18-$28 and entrees range from $10.50-$27. Information can be found at garbeaus.com or by calling 916.985.6361 for tickets and reservations.

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www.achurchforall.org

SPIRITUALITY

The Highest Call: Thanks For What?

By Rev. Doretha Williams-Flournoy

2007 has been a tough year. The decline in the mortgage industry has resulted in a rippling effect for almost every consumer: loss of jobs, loss of homes, loss of equity, loss in investment income.

Some of us have also lost loved ones. Some have died in war, while others have died in our arms. Failed relationships have us clamoring for artificial validation, one night stands, drive-by love affairs, anonymous rendezvous' that will never see the light of day.

As we age, there's more illness among us. Pain, loss of physical functioning, hearing, vision, and strength cause us to question our own abilities and future. In fear, we isolate, shrinking our support and the world around us.

Now in the holiday season, a time set aside for love, family and friendship, we experience depression, loneliness, and fear. For some this is the most self destructive time of the year. Why be thankful?

After the break-up of a nine year relationship, I found myself contemplating the some of the exact same things. I actually dreaded approaching the holiday season. Yes! Pastors have bad days too. My thoughts were inundated with strategies to avoid people, pain, and fear. Angry and disappointed I tried to sever my relationship with God. How could a loving God allow this to happen to me? I shut down.

But the Creator continued to pursue me, wooing me; sending a variety of people to drop small words of encouragement, wisdom, and an occasional kick in the butt. First it was Oprah, next it was a man on the plane, then a kid on the streets. Until one day I found myself in church, listening to a message about loving myself.

Rarely do we hear about loving ourselves as a necessity for loving others. When we love ourselves, we are able to develop plans and dreams that will help us achieve the goals intended for our lives. When we love ourselves we look out for interlopers (people) who trespass our boundaries causing us pain and resentment.

When we love ourselves we expand the capacity to accept our own short comings. We become less critical of ourselves and more nurturing. Perfection, the ruler used to measure our progress and success is replaced with compassion and growth.

Trust in the Creator is contingent upon the love we have for ourselves. There is a direct relationship between our ability to love ourselves and our ability to let others love us, including God. In anticipation of rejection and disappointment, we insulate ourselves from the Spirit, making it impossible to experience the Spirit's healing, hope, and love.

How do we love ourselves? Start by making yourself a priority. Make a commitment to develop a daily ritual intended just for you to love you.

A daily ritual might include (but is not limited to):

Forgiveness - practice forgiving yourself. Forgiving yourself is the first step in learning to accept you. Forgive yourself of past failures, mistakes, inadequacies, hurts you may have caused others, and for not being perfect. Then develop a list of others to forgive. Once you are able to forgive yourself and others you will expand your ability to receive and to give. Pray for their success and happiness. Release them to experience the goodness of God and an abundant life.

"It All About Me Time" —Set aside time to nurture you. Some people play their favorite music; some have developed a list of affirmations that help open their minds and souls to receiving. For instance: "I love myself today". "Today, I will play, laugh, and love". I will look for the blessings that will come to me today". You might have a favorite biblical scripture that encourages you. "I can do all things through Christ that strengthens me". The point is to focus on what you want, on the good things around you, and anticipate the blessings that will come to you.

Meditation/Relaxation/Exercise—Allowing your mind and body to rest or de-stress will add years to your life. It can lower your blood pressure. Help you resist cravings; release your creative energies. Some people use silent meditations, visual imagery, and/or meditation tapes to learn to meditate and relax. Some use exercise as a form of relaxation. In any case, twenty to thirty minutes a day of focused meditation, deep relaxation, and or exercise can change your life.

Treat Yourself—The worst thing you can do is sit around and wait for someone else to validate you. You have already been validated / approved by God. So take yourself on a date. Go out to a movie. Plan to entertain yourself. Make a special dinner for yourself. Buy yourself a Christmas present, wrap it, and put it under the tree. Got the point? Don't wait for someone to treat you; treat yourself!

Dream—Start dreaming again! Imagine yourself next year, five years, and ten years from now. Make a step by step plan to get there. Consult people who have done what you want to do. Then take one step at a time. Adjust the plan when needed; and watch your life grow!

Give—This is a principle that always works. It never fails. When you give to others it will always come back to you. Sometimes it will come in the same way you gave it; but most of the time it comes in ways you would never expect. When you give you create room to receive in your life. Give big, give small, give a kind word, give time through volunteerism, give money, or give a listening ear. But what ever you do, give! Giving is the catalyst for receiving. Look for opportunities to give.

Try this plan for loving yourself. Give it at least thirty days. If it hasn't worked in thirty days adjust the plan and try again. The point is to make the plan work for you.

Rev. Doretha Williams-Flournoy, MS is ordained clergy in Metropolitan Community Church and co-pastor of A Church For All. To learn more about A Church For All visit on the web at achurchforall.org. To contact Rev. Doretha directly, email your comments or questions to spirit@achurchforall.org or mail them to P.O. Box 162073 Sacramento CA 95816-2073.

Let's Keep It Simple.

By Sharon Fredrickson

I had a heck of a time trying to figure out what to write about this issue. It seemed like I started writing something but then would end up just erasing it and playing a quick game...or nine...of solitaire. I was trying to be all poetic and write about the fact that it's Word AIDS Day, but could come up with nothing.

Then I thought I'd write about how happy I am that the holidays are finally here, but then when I re-read it I realized it was waaaay too sappy and should end with some crippled kid saying, "God bless us, every one!" but that's already been done.

So here's my attempt to keep it simple. It's time. It's time to start living the life that you were born to live. It's time to be great. The holidays are a perfect opportunity for that.

First we start off with Thanksgiving. I don't care what it means to other people, but for me Thanksgiving is just that, a day to give thanks for everything that is in your life.

Now I realize that sometimes it may seem like finding what you have in your life to be thankful for isn't an easy thing to do. In fact sometimes we have to start with the basics of "I'm thankful I have the pencil I am using to write down what I am thankful for."

Hey I know that sounds goofy, but trust me on this one, you have to start somewhere. If you just start writing down anything and everything that comes to mind you will find that within no time at all you will have a long ol' list. Keep that list and look at it continually. Every morning when you wake up read it and give some major thanks for everything that is on there.

We now get to move on to Christmas. Remember I told you that five years ago my holidays sucked? (That's the technical term by the way). So seeing the people walking around all cheerful made me want to give them a good ol' whack upside the head. Scrooge had *nothing* on me that year! Don't let that happen to you if you're down in the dumps.

Christmas really is a perfect time of the year to realize the change you can make in your life. If nothing else it is at the end of the year so you know that if you had a not-so-hot year it's almost over.

It's critical to remember that where we are in our lives is simply result of who we were. Well, that part is done.

Messing up, breaking up, losing your job, going broke, all that other stuff is what happens is the yucky part. You're still around! You've "been there, done that" and now it's time to go forward to the next adventure. Only this time you're going with the knowledge that you can pick where you're heading. Not only that, you get to dictate what the road ahead is going to look like.

The holidays are here and it really is a time to rejoice. Be happy for everything you've done, everything you've survived, but more importantly everything you are about to do.

Don't do what I did during that pitiful time and sit around drinking two buck chuck and thinking, "Oh poor me, when am I going to get a break?" Instead make your break. Make your choice.

Starting right now, tell yourself that you are going to be great. You are going to have exactly what you want. This is your time and you are going to take advantage of it. Remember, it's never too late to be the person you were meant to be.

Sharon Fredrickson is the cofounders of Livin' Free which is a company that is dedicated to leading people towards success in all aspects of their lives. For more information on Sharon and Livin' Free visit them at www.livinfree.biz.

EARTH TALK

FROM THE EDITORS OF E/THE ENVIRONMENTAL MAGAZINE

I would think that the glossy paper used by most magazines is bad for the environment, yet most publishers still use it, even the outdoors and environmental titles. What's the scoop? Is paper made glossy by using chemicals that are not safe?

It's no secret that glossy coatings on magazine covers make pictures really "pop" and attract the eye, thus helping publications compete for attention on ever more crowded newsstands. According to Jerry Stranahan of Lane Press, a Vermont-based printer that produces some 350 different magazines, publishers are increasingly putting the emphasis on graphics and photography, and glossy papers have become the industry norm, for both covers and interior pages. And, yes, this includes many outdoors and nature titles.

The basic glossy finish of a magazine cover or inside page is usually built into the paper itself at the time of manufacture, and is typically made of either clay or calcium carbonate. From a materials perspective, clay-based kaolin is the more environmentally friendly of the two, though clay makes the re-pulping of paper "gunkier" and thus more difficult to work with in the subsequent recycling process. Calcium carbonate also has its pros and cons: "The calcium is lighter, thus it takes less fuel to transport it, and it acts as a whitener, so less chlorine is needed to bleach the paper," says Frank Locantore, who directs the WoodWise program for the nonprofit Coop America. "But it drives the destruction of mountain tops in Vermont and elsewhere in order to get at the mineral."

Other glossy coatings are sometimes applied later at the printer as the last step in the printing process. In addition to enhancing the look of the cover, these coatings are used for the purpose of reducing the scuffing covers endure in handling and through the mail. Publishers generally have three choices: "varnish," "aqueous" or "UV" coatings.

"Varnish" is essentially a clear petroleum based ink (no pigment), and is similar to the other inks that have already been applied to the paper. "Aqueous" coatings are water-based clear inks that use few chemicals but need a lot of heat to dry them, thus entailing greater energy usage. Another option is "UV coating," a very glossy finish applied usually to heavier cover stocks and often used by fashion magazines and others going for a very slick appearance. The "UV" refers to the ultra-violet light used to dry it after application. It consumes less energy than heat, though the UV coatings themselves contain large amounts of petroleum-derived chemicals.

"Magazines want to be competitive on the newsstands, and most need to have a glossy cover in order to do so," says Locantore. "Government," he says, "should create incentives for R&D that develops hazardous chemical-free processes for papermaking and printing." Locantore also says that consumers can play a key role in moving the industry forward by making their preferences for sustainable choices known to the magazines they read and subscribe to. Emails, phone calls or letters to publishers urging greener sourcing and operations will not go unnoticed, he says.

earthtalkcolumn@emagazine.com

IMAX Continues Holiday Tradition: Polar Express Returns

Back by popular demand, The Polar Express: An IMAX 3D Experience will return this holiday season to the Esquire IMAX Theatre on December 14, 2007. The Polar Express: An IMAX 3D Experience has become a new holiday tradition in Sacramento. In recognition of its enduring popularity, the Esquire IMAX Theatre welcomes The Polar Express 3D back again for an exclusive IMAX-only engagement. Tickets are now available online at www.imax.com/sacramento.

"We are pleased to be able to bring back this IMAX holiday favorite for it's fourth holiday season," exclaimed Doug Link, Esquire IMAX Theatre director. "Every year we have special requests for this film and we are happy to see it becoming a family holiday tradition. It's a special part of the many holiday traditions in downtown Sacramento."

Audiences will become totally immersed in the IMAX 3D presentation, digitally re-mastered using proprietary IMAX 3D DMR™ technology … grasping at falling snowflakes, ducking as the train screeches into their lap and feeling the howl of the steam whistle via state-of-the-art digital surround sound.

IMAX 3D DMR is a process by which a conventional 2D, computer-generated film is converted into 3D and then digitally re-mastered into IMAX's larger than life format using IMAX DMR technology. Once the IMAX DMR process is complete, The Polar Express: An IMAX 3D Experience film format will be 10 times larger than its original. For audiences wearing special IMAX 3D glasses, the film will appear to have depth beyond and in front of the screen. The sheer size, combined with the IMAX 3D projection technology, will provide Esquire IMAX Theatre moviegoers with an immersive, extraordinary, cinematic experience.

The Academy Award®-winning team of Tom Hanks and director Robert Zemeckis (Forrest Gump, Cast Away) reunited for this inspiring holiday adventure based on the classic Caldecott Medal-winning children's book by Chris Van Allsburg. When a doubting young boy takes an extraordinary train ride to the North Pole, he embarks on a journey of self-discovery that shows him that the wonder of life never fades for those who believe.

The Esquire IMAX Theatre is located at 1211 K Street in downtown Sacramento. For information and tickets, please call 916/443-IMAX (4629) or visit the website at www.imax.com/sacramento.

Tickets On Sale Dec. 15 For Disney On Ice "Princess Wishes"

Seven Inspiring Princesses Wish For Happy Endings In A Magical New Ice Show

Believing is just the beginning in Disney On Ice presents Princess Wishes! Dreamers from Sacramento will witness the magic when Ariel, Cinderella, Belle, Snow White, Sleeping Beauty, Jasmine and Mulan all make their wishes come true in this collection of celebrated tales wonderfully told through artistic skating and acrobatics.

With the help of the magical pixie Tinker Belle, the Disney Princesses' embark on an adventure to find their heart's fondest wish. Ariel dreams of a life above the sea; Mulan finds her inner strength; Jasmine discovers a whole new world; and Snow White finds her true love. Cinderella, Belle and Sleeping Beauty also find happiness in this beautifully imagined new ice show.

Produced by Feld Entertainment, Disney On Ice presents Princess Wishes features an incredible display of special effects, stunning set design and elegant artistry on the ice.

Disney On Ice presents Princess Wishes at Sacramento's ARCO Arena: Wednesday, February 13-Monday, February 18, 2008

Ticket prices: $13, $17, $23. Limited number of Front Row and VIP seats available. Call for details. (Service charges, facility and handling fees may apply.) Tickets available at disneyonice.com, ticketmaster.com, ticketmaster Retail Locations, ARCO Arena Box Office or call (916) 649-8497.

Feld Entertainment, Inc., is the worldwide leader in producing and presenting live entertainment experiences that lift the human spirit and create indelible memories, with 25 million people in attendance at its shows each year. Feld Entertainment's productions have appeared in 50 countries and on six continents to date and include Disney On Ice, Disney Live!, Ringling Bros. and Barnum & Bailey® and Doodlebops Live!

Beowulf Makes For Good Winter Action

By Tom Swanner & Brian Judd

Swanner: In the new film *Beowulf*, director Robert Zemeckis once again takes filmmaking in new directions. Here he creates a world of heroes and demons and presents them in a digitally enhanced form to where it appears you're watching a full animated movie. When I saw it in the IMAX theatre this week I was blown away with this amazing 3D technology

Judd: I swan it at a regular cinema, but still in 3D. The special effects were amazing, but the plot was paper thin and the dialogue was atrocious! It was so bad that I'm left suspecting that this movie was supposed to be a glorified B-movie, but was presented with too much pomp for that slight wink and nod to come through.

Swanner: What is wrong with you? Seriously? So the dialog wasn't great...it was still a lot of fun. I know you can't have fun, but for those of us that are still *alive*, Beowulf is an event film. The story involves a kingdom that has been plagued by a demon (kinda like you) and the hero Beowulf has traveled from across the sea to kill the before mentioned demon.

Judd: I actually chuckled out loud at one point in the movie because the line was so god-awful. I honestly believe the script was written by a handful of Ren-Faire enthusiasts—and I'm not talking about the good kind. (Are there a good kind?) I'm talking about the kind that mangle Monty Python quotes. If I heard him scream "I am Beowulf" one more time, I was going to scream back "So you said!"

Swanner: It's what straight guys do after they do something good. Ask your co-workers—after sex the husbands/boyfriends always have to gasp how great it was and what a fantastic lover they were. It's a guy thing. You had to love it when Beowulf said he was there to taste Anthony Hopkins meat.

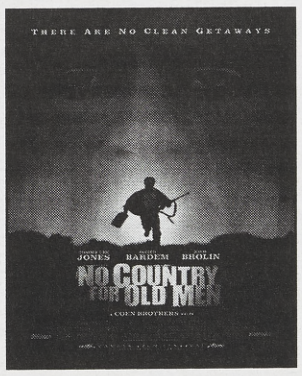
Judd: MEAD, not MEAT. Moron.

Swanner: The audience thought he said meat and we all giggled. From now on I'm calling you "Grendel" 'cause you hate people and you especially hate people having a good time and you're mean. *Beowulf* was fun and I had a good time. I'm so glad we went to different screenings of this.

Judd: I *do* hate people and I *am* mean, but I don't hate people having a good time... as long as they do it quietly and leave me the hell alone! I want to say that this movie was *so* bad, that it was good—but I just didn't like it and I almost feel bad about that.

Swanner: Don't worry, we all feel bad for you as well.

Swanner ***
Judd **



Swanner: In this latest Cohen Brother film, *No Country For Old Men*, Josh Brolin stubbles across a bungled drug deal in the desert. He finds the drugs and he finds $2 million in unmarked $100 bills. He takes the money but makes the mistake of going back to see if there were any survivors. Once he's been discovered, in comes Javier Barden—a psycho killer hired by the folks who lost their money. Tommy Lee Jones also stars as the Sheriff searching for both men.

Judd: I love the Cohen Brothers. I thought *No Country* was a taut, tense thriller that was edited and put together like an expensive watch. It was precise, detailed, and exactly calculated. The script is sparse and there are many times where there is nothing but ambient noise for lengthy stretches and it is brilliant.

Swanner: I agree on its brilliance. I doubt we'll see a better-made film this year. It's how I feel emotionally about the film that still has me thinking. Javier Barden was amazing as the psycho killer and I can see this role being mentioned with the likes of Hannibal Lectur and Norman Bates. Josh Brolin was perfect as the guy in the wrong place at the wrong time and Tommy Lee Jones is as good as ever. The script, direction, pacing, cinematography—everything was right on. The way I'm talking I should be confident in my review but something still has me numb inside.

Judd: I'm trying to think of what more to write about the movie, but it's hard because it's a very, *very* simple story and talking about anything in detail will give the climax away. This is a prime example where less is more. It sounds like you feel the same way I felt about Before *The Devil Knows You're Dead*. Maybe you have an issue with the abruptness of the ending?

Swanner: Not at all. I like the ending. It's just how the film made me feel. Didn't you feel numb...kind of violated emotionally?

Judd: Not really. The only one that I felt bad for was the wife since she was a victim of circumstance, but otherwise everyone got what they had coming to them. I initially had trouble with the ending, but after digesting it, the ending makes total sense.

Swanner: ****
Judd: ****

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2001 K St., 916.441.6823
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truecolorschorus.org

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daviscommunitychurch.org
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LLACE, (GLBT Library & Archives)
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lavenderlibrary.org
Rainbow Chamber
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rainbowchamber.com
Sacramento Area Bisexual Network
bisexual.org/g/sabn
Sacramento Gay & Lesbian Center
1927 L St., 916.442.0185
lambdasac.org
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lgbtcenter.ucdavis.edu
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Sacramento Valley Bears
sacvalleybears.org
Sierra Gay Men's Network
ccservices.cc/sgmn
Valley Knights Motorcycle Club
916.455.6540

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Big Valley Mortgage
Sharon Fredrickson, 916.960.5230

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916.395.0673

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Lambda Letters Project
916.728.1261, lambdaletters.org
Sac. Log Cabin Republicans
logcabinsacramento.org
Sac. Stonewall Democrats
sacstonewall.org

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Headhunters
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sacvball.com
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capitalcrossroads.org
Front Runners
916.974.8199, frsac.org
Gay & Lesbian Sierrans-Mother Lode Chapter
916.557.1100 x119
Sacramento Arts & Games Assoc.
916.451.8663
The Sacramento Women's Flag Football Association
SacramentoWomens FlagFootball.com

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lambdaplayers.com
Runaway Stage Productions
Sierra II Center
runawaystage.com

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Bruce Gunn, MFCC #M19480
418 Alhambra Blvd., 916.443.7171

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transgender.org/sga

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916.628.0803
Women On Wednesdays Social Group
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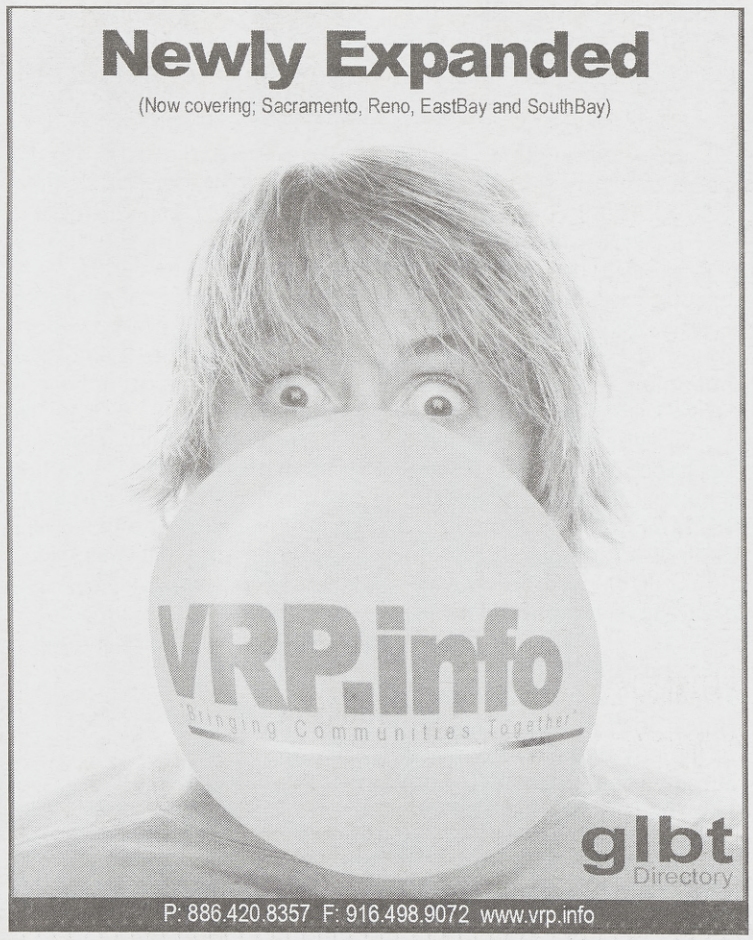

15 SATURDAY—ARCHITECTURAL TOURS: From Canvas to Brick, 1pm, $3 - $7 per person, A new tour presented by the Old Sacramento Living History Program and the Historic Old Sacramento Foundation. The development and expansion of Sacramento from a water-logged tent city to an established city, home of the state capital, is reflected in the varying architecture of Old Sacramento's buildings. From Canvas to Brick, traces the history of Sacramento from the floods, fires, gold rush, coming of the capital, and the 1960s redevelopment. The cost is $7 for adults, $3 for students, $5 for seniors or children under 12. The tour, which begins at 1:00 p.m., last approximately one hour. To sign up for an architectural tour or for more information call 445-3101 or visit www.oldsacramentolivinghistory.com

29 THURSDAY

SMUD RECEPTION FOR AIDS MEMORIAL QUILT, 4:30-6pm, SMUD service center, 6301 S St., Please RSVP for reception 732-6148

30 FRIDAY

WORLD AIDS DAY COMMEMORATION, 6:30-8:30pm, Sacramento City Hall, 915 I St., Guest speakers, refreshments

DECEMBER

1 SATURDAY

WORLD AIDS DAY

7TH ANNUAL SCAP HOME FOR THE HOLIDAYS CONCERT & SILENT AUCTION. Special appearance Lesbian/Gay Chorus of Sacramento. Thomas Downey High School, 1000 Coffee Road, Modesto, scap4.org

WORLD AIDS DAY CONCERT TO BENEFIT CARES, 8pm, Benvenuti Performing Arts Center, Performed by Jazz/Pop Artist, Spencer Day, Buy Tickets: $35

AUTO COMPUTER CLASS, $150 per student includes lunch and instructional materials, 9 am-5 pm. Pre-registration required!!!, Towe Auto Museum - 2200 Front Street, This class is a two-part, two-day class that teaches how to tune up computer-controlled collector cars, circa 1980-1996, Call (916) 442-6802 to sign-up today!

2 SUNDAY

SVL PANCAKE BREAKFAST The Merc. 10am - 2pm, svlclub.org

MARY HAD A BABY: AFRICAN-AMERICAN SPIRITUALS ADVENT STUDY Sundays from 9-10am before Worship, This Advent study looks at African-American spirituals, including the scriptural basis and historical context for each. Fair Oaks United Methodist Church located at 9849 Fair Oaks Blvd. (1 block west of Sunrise) in Fair Oaks and all are open to the public. fairoaksumc.org

VOX MUSICA, 5pm, St. Paul's Episcopal Church 1430 J St. $15, VoxMusica.net, (916) 471-0507

4 TUESDAY

MEMBERS OF AFFIRMATION (Gay & Lesbian Mormons) will meet on at Fresh Choice, 533 Howe Ave., at 7pm for an informal get together. All interested persons are invited to attend.

15 SATURDAY

CHOIR CONCERT AND CHRISTMAS CAROL SING-ALONG, Join us at 5pm for an Advent Concert by our choir, followed by a chance to sing our hearts out on all those favorite Christmas carols we might not sing anywhere else! Fair Oaks United Methodist Church located at 9849 Fair Oaks Blvd. fairoaksumc.org

19 WEDNESDAY

"FALLING STARS: THE DEPRESSION'S GORGEOUS CASUALTIES," A LECTURE BY BILL MILLARD. Between 1925 and World War II came a generation of cars that have become legendary for their styling and, if you will, their charisma. Most of the outstanding examples were at first only for the very rich: One-offs with coach-built bodies drawn by the best designers of the time. Around 1930, came similarly attractive but more plentiful designs for "the rest of us." (At least the "us" who could afford mid-priced cars in the $1,000-$2,000 range during those bleak Depression years.) Come enjoy a stroll through the best of the rolling art– American and European– from this magical period in automotive history., Doors open at 7pm and the presentation begins at 7:30pm, $5 for SADS & CVF members, $7 for non-members, Towe Auto Museum located at 2200 Front St.

21 FRIDAY

BLUE CHRISTMAS SERVICE This peaceful service will be held on the "darkest night of the year", at 5:30pm. If you ever get the "blues" around the holidays, this worship service is for you. Free childcare provided in our Nursery during the service. Fair Oaks United Methodist Church located at 9849 Fair Oaks Blvd. (1 block west of Sunrise) in Fair Oaks and all are open to the public. fairoaksumc.org

22 SATURDAY

KINGS OF DRAG
A Twisted Holiday, at the Studio Theatre on R street. Show at 8:30-10pm, Emcee Sheriff Snatch, tickets available at http://uptown.c.topica.com/maaiJsdabCMDFbJbPK3bafpTgr/, ONLY 90 tickets available $25 advance $30 at the door, This show will benefit Lambda Players and GSA Network

Email Events to: editor@mgwnews.com

MONTHLY/WEEKLY EVENTS

SUNDAY

SVL PANCAKE BREAKFAST
First Sunday of Each Month: The Merc. 10am-2pm, svlclub.org

SAME-SEX BALLROOM DANCING
1st & 3rd Sun of each month, Dance Workshop & Guided Practice, Ballroom of Sac., 6009 Folsom Blvd., $15 per person No partner necessary 916.320.4382

MONDAY

LESBIAN CANCER SUPPORT GROUP
Meets the 3rd Monday of each month, 6:30pm Bring partners or support people with you. ROXANNE1040@aol.com

SACRAMENTO STONEWALL DEMOCRATS
Meets every 2nd Monday, 6pm, edbennett1@gmail.com

MAD MONDAYS AT SAC BADLANDS
2 for 1 cocktails All Day and All Night, 20th & K, sacbadlands.com

OPEN MIC POETRY
Slam, Spokenword, The Coffee Garden, 2914 Franklin Blvd Sacto, Hosted by J2, 7pm 'til it's Silent

WEDNESDAY

WOMEN ON WEDNESDAYS
Lambda Center, 1927 L St., 916.442.018

RESPECT SACRAMENTO
2nd Wednesday of each month, 6:30pm, LLACE, 1414 21st St, RespectSacramento.org or 916.733.2135

SPC TRANS PEERS GROUP
2nd and 4th Weds. of the month, 7:30pm at Stanislaus PRIDE Center, 823 15th Street in Modesto. tgsupport@stanpride.org, stanpride.org

SAC NOW
Sac Chapter National Organization for Women, meets the 3rd Thurs. of the month, 7pm, Hart Senior Center, 915 27th St, 27th & J. SacramentoNOW@gmail.com

THURSDAY

BRIEF ENCOUNTERS
Underwear & Theme Night, 10pm, Strippers, GoGo Boys, contests, Poolside fun and much more, FACES, 20th & K Sts., faces.net

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